



Brig. Gen. Gary Brito, deputy commanding general of operations, 25th ID, walks through the brush between events during Garuda Shield, Pacific Pathways 2015, at Cibenda, West Java, Indonesia, Aug. 21. Garuda Shield is a regularly scheduled bilateral exercise sponsored by USARPAC, hosted annually by the Indonesian army’s 1st Kostrad Inf. Div.

Opening ceremony marks start of Garuda Shield 15

SGT. BRIAN ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

CIBENDA, Indonesia — Soldiers with the Tentara Nasional Indonesia army and U.S. Army stood side-by-side on a parade field, here, Aug. 20, during an opening ceremony that officially marked the beginning of the ninth Garuda Shield exercise.

“This is an important exercise that enables Indonesia and the United States to engage, not just in military training, but also as partners in the Asia-Pacific region,” said Brig. Gen. Gary M. Brito, deputy commander, operations, 25th Infantry Division.

Soldiers from the 2nd Battalion, 27th Inf. Regiment, “Wolfhounds,” 3rd Brigade Combat Team, 25th ID, will train alongside soldiers of the TNI 1st Kostrad Inf. Div. for a multiple-day exercise to foster cooperation and understanding.

“Garuda Shield joint exercise is not only intended to improve interoperability between the participants, but to boost trust and friendship by upholding the principal of equality and mutual relationship between two armies,” said TNI Brig. Gen. Agus Suhardi, chief of staff, 1st Kostrad Inf. Div.

Over the coming days, Soldiers of both militaries will conduct a series of bilateral military partnership and training events on peace support operations, to include a computer-simulated command post exercise, a combat survival training class and a combined arms live-fire exercise culminating the last day.

“I am confident that Garuda Shield 2015 will not only be a successful exercise, but a true learning experience for us all, and one we will both grow stronger and more capable,” said Brito.



Photos by Spc. Michael Sharp, 55th Combat Camera, 21st Signal Brigade, 9th Signal Command

Spc. Michael Kozub, infantryman, Co. B, 2-27th Inf. Regt., 3rd Inf. Bde., 25th ID, digs a foxhole along with Indonesian soldiers from 1st ID Kostrad at Cibenda, West Java, Indonesia, Aug. 21. Kozub and his fellow Wolfhounds’ participation in the exercise will build greater interoperability between the two countries’ armies.

Garuda Shield is a regularly scheduled bilateral exercise sponsored by U.S. Army-Pacific, hosted annually by the Tentara Nasional Indonesia Army to promote regional security and cooperation.

2nd SBCT tests troops, upholds battle readiness with WTT

Story and photo by
SGT. IAN IVES
2nd Stryker Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — More than 270 Soldiers assigned

to 2nd Stryker Brigade Combat Team, 25th Infantry Division, completed the final leg of the weeklong Warrior Task Training (WTT), Aug. 14, with a six-mile ruck march and a medical evacuation lane at Watts Field, here.

WTT is a critical asset for Soldiers to improve their combat

readiness.

“My expectations of the WTT is so all non-CMF 11 (infantry) Soldiers receive quality training they deserve,” said Command Sgt. Maj. Jeffery D. Sweezer, 2nd SBCT. “Regardless of their military occupational specialty, this training will make them better rounded Soldiers and leaders.”

Sweezer ensured that all Soldiers under his command received the best training possible by modeling WTT after the Expert Infantry Badge (EIB), although the standards were not set as strictly as EIB.

The WTT was broken down into three different lanes: medical, weapons and critical tasks. Soldiers were required to successfully complete all tasks within each lane, proving that they have the basic knowledge to operate in a deployed environment.

Sgt. Jonathan Rivera, infantryman, Company C, 1st Battalion, 21st Inf. Regiment, 2nd SBCT, and a grader on the critical tasks lane, rated Soldiers on their ability to perform skill level one tasks.

“It is kind of like bringing them back to basic training, learning what the basics of being a Soldier are,” said Rivera. “The skill level one training makes Soldiers who they are. No matter what your MOS is, everyone should be able to employ these tasks.”

For Rivera, these tasks are something his MOS requires on a normal basis, but he understands the importance of this training for other Soldiers within the brigade.

“It will bring confidence within the ranks and the different MOSs to ensure that they all know the basics of being a Soldier,” said Rivera. “From operating a hand grenade to knowing terrain features on a map, everyone should know and be able to use these skills in a deployed environment.”

In the years to come, Sweezer hopes to continue this training and continue to develop Soldiers in their primary MOS and in the basic tasks as well.

“I most definitely plan to continue implementing this training in the future,” Sweezer said. “We will adjust the training based off our after-action review to better this program.”



From right, Staff Sgt. Arthur Vargas and Sgt. Cory Boles, both infantrymen with Company C, 1-14th Inf. Regt., 2nd SBCT, 25th ID, grade Sgt. James Sheffield of Co. A, 1-21st Inf. Regt., 2nd SBCT, as he performs a functions check on a .50 caliber machine gun.



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Commander, U.S. Army Garrison-Hawaii
Col. Richard A. Fromm
Garrison Command Sergeant Major
CSM Louis C. Felicioni
Director, Public Affairs
Dennis C. Drake
656-3154
Chief, Internal Communication
Aiko Rose Brum, 656-3155
editor@hawaiiarmyweekly.com
News Editor
John Reese 656-3488
news@hawaiiarmyweekly.com
Pau Hana Editor
Jack Wiers 656-3157
community@hawaiiarmyweekly.com
Staff Writer and Photo Editor
Karen A. Iwamoto 656-3150
reporter@hawaiiarmyweekly.com

Layout
Daniel P. Pereira
Advertising: 529-4700
Classifieds: 521-9111
Address:
Public Affairs Office
745 Wright Ave., WAAF
Building 107, 2nd Floor
Schofield Barracks, HI 96857-5000
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Contributing Commands
U.S. Army-Pacific
Russell Dodson, 438-2662
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Police Call

Juvenile offenders could face review board

COL. DUANE R. MILLER
Director, Emergency Services,
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command

Juvenile delinquency continues to be a concern for the U.S. Army Garrison-Hawaii community.

Family members, including juveniles, can be criminally prosecuted for any crimes committed while on post. Additionally, they can also be subject to various administrative actions, to include being barred from all USAG-HI installations.

These administrative actions can be applied in response to crimes committed off post.

Family members ages 10-17 who engage in dangerous, disruptive, disorderly or criminal behavior may be invited to attend a Juvenile Review Board (JRB), pending approval from their sponsor.

The JRB consists of a panel of USAG-HI community leaders that review instances of juvenile misconduct and issue administrative actions, accordingly. The board convenes monthly.



Miller

service and various writing assignments.

Juveniles who complete the rehabilitation program are allowed to stay on post while those who fail to follow through are barred.

Most felonies (burglary, drug distribution, rape, etc.) justify an indefinite bar order. Many misdemeanors (larceny/shoplifting under \$100, drug possession, vandalism, etc.) justify a two-to-three-year bar order.

Thus far, this calendar year, 15 juveniles have gone before the JRB and are engaged in community service projects; those who were arrested for shoplifting from the Exchange received a 6-to-12-month suspension of their Post Exchange privileges (stamped onto their DOD dependent ID card).

Ultimately, the JRB is a tool for units, families and the garrison to discourage delinquent youths from engaging in risky behavior and, instead, find positive ways of getting involved in the community.

DES

For more information on the Directorate of Emergency Services and the personnel who support this community, visit www.garrison.hawaii.army.mil/des/default.htm.



KERIS AMAN 2015



Photos by Air Force Staff Sgt. Christopher Hubenthal, Defense Media Activity

1 — Exercise Keris Aman 2015 participants gather for the closing ceremony at Army Academy Segenting Camp, Aug. 24, in Port Dickson, Malaysia. 2 — Bangladesh army Sgt. Ferdus Alam assesses a simulated casualty. 3 — Bangladesh soldiers calm down a group of protesters. 4 — Bangladesh soldiers provide medical care to a simulated casualty. Keris Aman is a multinational training event co-hosted by the Malaysian Armed Forces and U.S. Pacific Command with representatives from 29 nations.

FOOTSTEPS in FAITH

Americans must slow down, take time to rest

CHAPLAIN (MAJ.) PAUL FOREMAN
25th Infantry Division

As Americans, we talk fast, walk fast and eat fast. We use expressions like time crunch, fast food, rush hour, frequent flyer, expressway and rapid transit.

Dr. Richard Swenson said, "We send packages by Federal Express, use a long distance company called Sprint, manage our personal finances on Quicken, schedule our appointments on a DayRunner, diet with Slimfast, and swim in trunks made by Speedo."

Most Americans hate to kill time doing nothing, but the irony is that our use of time is killing us. We are caught between the body's need for rest and society's need to keep us busy. When does faster become too fast? Is there a speed limit to life? Should there be?

Hurry lies behind much of the anger and frustration we experience. Failure to take time for "relationship rests," where you attend to each other, can destroy a



Foreman

marriage as surely as any failure to observe your marital vows.

Author John Ortberg says that the most serious sign of hurry sickness is the diminished capacity to love. He adds that love and hurry are fundamentally incompatible. If this is true, then we must remember that love always takes time, and time is one thing hurried people don't have.

I believe that our bodies are capable of doing tremendous things, but I also believe we are designed with certain limits. God rested on the seventh day; if resting is important to God, I don't think it's a sign of weakness or laziness. If we neglect rest, we pay the

price.

Almost everything significant in life comes out of an unhurried spirit. A still heart is preparation for a pure heart. Just as the archer and the violinist both unstring their bows, we need to remember that leisure time is not lost time; it is time invested.

The old saying is true: "You'll break the bow if you always keep it bent."

I acknowledge that it is very hard to slow down. We are very busy in the military (I certainly have not mastered this), but if we don't take steps to slow down our personal lives, we will end up regretting what we've missed along the way.

I encourage us to take a small step this week. As a starting point, take five minutes each day to spend in solitude, get an extra half hour of sleep each night, figure out one activity that you can drop and spend that time resting.



Why does the Hawaii Army Weekly publish courts-martial findings?



The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

Courts-martial results posted

The Office of the Staff Judge Advocate, 25th Infantry Division, publishes the results of the following recent courts-martial.

•A staff sergeant in Operations Company, Headquarters and Headquarters Battalion, was found guilty of one specification of indecent exposure. He was sentenced to be reduced to the grade of E-1 and receive a written reprimand.

•A specialist in Co. A, 2nd Bn., 27th Inf. Regiment, 3rd Brigade Combat Team, was found guilty of one specification of assault consummated by a battery, one specification of sexual abuse of a child, and one specification of false official statement. He was sentenced to be reduced to the grade of E-1, a bad conduct discharge and confinement for 16 months.

Federal Convictions. In addition to forfeiture of pay (either adjudged or by operation of law), confinement and a punitive discharge, a Soldier will also have a federal conviction that the Soldier must report when filling out a job application.

A federal conviction strips a Soldier of many rights, such as the right to purchase and maintain firearms and voting.

Voices of Ohana

In support of Antiterrorism Awareness Month,
What are some suspicious activities you should be aware of?

By 2nd Stryker Brigade Combat Team Public Affairs



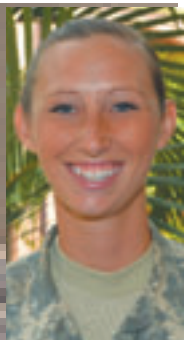
"Someone who is going through a hard time with financials, then out of the blue, comes around with a large sum of money."

Spc. Justin Lavergne
Fire support specialist
2-11th Field Artillery Regt.



"Unmarked mail delivered to your house unexpectedly."

Sgt. Joseph Martinez
Battle management systems operator
HHC, 65th Bde. Eng. Bn.



"Fishing scams in your email to unmarked boxes that are left in crowded areas."

Capt. Shannon McDonnell
Assistant fire support officer
HHC, 65th Bde. Eng. Bn.



"Individuals who are not authorized to be in certain areas are taking photos or videos."

Sgt. 1st Class Nam Nguyen
Electronic warfare
HHC, 65th Bde. Eng. Bn.



"Random people taking photos of the gates and guards during certain times of the day."

Spc. Brandon Young
Fire support specialist
2-11th Field Artillery Regt.

Army sees challenges ahead for future recruiting

DAVID VERGUN
Army News Service

WASHINGTON — This fiscal year, the Army will make its mission of 59,000 active duty accessions, or young civilians, who enter basic combat training, Maj. Gen. Jeffrey Snow has said.

However, there will be about a 2,000-person shortage in the Army Reserve accessions this fiscal year, with the mission being 17,300, said Snow, who serves as commander of U.S. Army Recruiting Command at Fort Knox, Kentucky.

Aside from accessions, there is a shortage forecast of about 7,000 in the Delayed Entry Program this fiscal year. While a DEP shortage will not have an impact on this fiscal year’s accessions, it will make meeting the active duty accession mission difficult in FY16, said Kelli Bland, USAREC public affairs chief.

“Even though we will make our mission this year, that does not mean this isn’t an incredibly challenging recruiting environment,” Snow said.

Only 29 percent of Americans, ages 17 through 24, are even eligible to serve in the Army.

“This, coupled with the lower unemployment

rates, have made it more difficult for the Army to find young people who are both eligible to serve and who have a desire to serve,” he explained.

Snow said that many young people think they must make a choice between going to college or joining the Army, but Snow said there’s a real opportunity to do both.

Besides career training, the Army provides monetary benefits for higher education.

Beyond the benefits, he said, the Army provides a chance to serve the nation.

Snow also said there is a perception that youth today are less committed to service, but he said that he doesn’t believe that is true.

“That’s not consistent with my personal observations,” he said. “Many do care, and they want to join the profession that makes a difference.”

As the economy improves, Snow said, it can create the impression that the Army fills its ranks with those civilians who have failed to find a job. But that too, he said, is a fallacy.

“I believe we’re competing for quality,” he said. “I want to change the dialog, so people are not viewing the Army as a last resort, but as a

first choice.”

Recruiters are doing a tremendous job, Snow said. But unfortunately, about 50 percent of high schools are not providing access to those recruiters. This limits the amount of information students are receiving about the Army.

“I’d like to explore ways to increase access,” he said.

Demographic challenges

Bland said within the 71 percent of youth ineligible to join the Army, the three most common disqualifiers are obesity, medical issues and drug use. Other disqualifiers include inadequate education, mental health challenges and a criminal history.

Of the 29 percent of youth, who qualify for service, only one in four have a strong desire to serve, she said. Many of those have other career or educational plans, she said.

Others have negative perceptions about the military, as well as a lack of understanding about the educational and leadership opportunities the Army offers.

“Our target market increasingly perceives risks to joining the Army, and, at the same time, they are less persuaded by the educational, career and lifestyle benefits of the Army,” she said.

For several years now, the pool of youth eligible to join the Army has remained steady at about 29 percent. But if the Centers for Disease Control and Prevention predictions for a 33 percent increase in obesity throughout the next 15 years are correct, Bland said, the Army will see the pool of eligible applicants continue to decline.

Bland said she thinks it’s important for young people and their parents to know the benefits of service. Including valuable career training and tuition assistance while on active duty or in the Reserve, and financial assistance to pay back qualifying student loans.

Another benefit of service includes the GI Bill, which includes expanded educational benefits, medical and dental care, and eligibility for the Thrift Savings Plan, which is similar to a 401(k) plan.

(Note: Read the entire article at www.hawaiiarmyweekly.com.)



Galen Narimatsu addresses cavalry troopers at the Troop A, 3-4th Cav. Regt., conference room dedication ceremony at Schofield Barracks.

Room named for Cav veteran

Story and photo by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Cavalry troops honored one of their own during a conference room dedication ceremony, here, Aug. 19.

The Soldiers of Apache Troop, 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, named the conference room after 1st Sgt. Samuel G. Jenkins Jr.

“Any time there was contact with the enemy, he risked himself for the good of others,” said Capt. Christopher E. Morrow, commander, Troop A, during the ceremony. “He epitomizes the noncommissioned officer.”

Present during the ceremony was retired Col. Galen Narimatsu, a representative of the 3-4th Cav Association.

Narimatsu thanked the audience for inviting him to the unveiling ceremony and said how important it was for the room to be named after Jenkins.

On display was Jenkins’ shadow box with his awards he earned during his two tours in the Republic of Vietnam.

“His original identification tags that he wore in Vietnam are inside the shadow box,” Morrow said.

An inscribed plaque of Jenkins’ Silver Star citation during his second tour in Vietnam was also part of the room memorial he earned.

On Aug. 19, 1968, he showed distinction again in combat in Vietnam when he, as acting platoon leader for 1st Platoon, Troop A, reacted to an enemy ambush on Soldiers of 1st Battalion, 5th Inf. Regt. He quickly saw that the Soldiers become disorganized and took command.

Once more, Jenkins was wounded during the heat of combat as he extricated the troops from the ambush. For his heroism, he was awarded the Silver Star. The 1st Platoon, Troop A, was awarded the Presidential Unit Citation.

Jenkins retired in 1980 as a first sergeant after 21 years of active service. He passed away at his home in Elizabethtown, Kentucky, June 4, 2007.

SAMC troops contribute to local community, provide selfless service

Story and photo by
SGT. 1ST CLASS NICOLE L. HOWELL
8th Theater Sustainment Command
Public Affairs

FORT SHAFTER — As the most decorated Soldier of World War II, Sgt. Audie Murphy led from the front by displaying acts of heroism, going above and beyond the call of duty and exercising selfless service.

He set the standard for leadership, dedication and concern for Soldiers and their families.

Today, his legacy lives on through the prestigious Sgt. Audie Murphy Club, established in 1986, for those Soldiers who “exemplify leadership characterized by personal concern for the needs, training, development and welfare of Soldiers and concern for families of Soldiers.”

“Sgt. Audie Murphy was the definition of selfless service by the way he carried himself as a Soldier,” said 1st Sgt. Derick Graham, 545th Harbormaster Operations Detachment and member of the SAMC for three years. “He was always doing something for someone else, always putting himself at risk and never selfish, so we base our foundation on helping others.”

Through volunteer efforts, the 8th Theater Sustainment Command SAMC chapter, consisting of approximately 60 members, exhibits their commitment to Murphy’s legacy by making a direct impact on local businesses and people within the community.

“I do it for the satisfaction of giving back,” said Graham. “There is a difference when you can see the results of what you have done ... when you can see a young teenager on a Saturday morning going to a drill meet, marching and doing ROTC with weapons. It is rewarding. I didn’t have the opportunity when I was a teenager, and who knows where I would be if I did.”

Sgt. 1st Class Dawn Ramos, the 8th TSC SAMC president and Equal Opportunity adviser, uses the club as a way to continuously demonstrate the Army’s commitment to the very soil they defend.

“In today’s military, we are starting to see more and more programs that are bridging the gap between military, community and the civilian sector,” said Ramos. “It is important to show the community that the military does more than fight wars and that we are also important, here, on the home front. It also shows our Soldiers, too, not just the community, that we need to give back.”

For people like Graham and Ramos, the attraction to the club began when they saw the way the members carried themselves and how they devoted their time to setting a higher standard.

“The Army was founded on selfless service and as a first sergeant, people look at you as a standard bearer,” said Graham. “They also look at the Sgt. Audie Murphy Club members as the cream of the crop. I can’t get others in my company to go to Sgt. Audie Murphy if I’m not leading by example. You still have to inspire young Soldiers and NCOs.”

In order to be part of this chapter, a candidate has to participate in extensive study groups, complete 20 volunteer hours, attend three bimonthly meetings, and pass a situational board that has a solid reputation for being extremely difficult.

“This is probably one of the hardest things you will do in the mil-

itary, but absolutely, hands down, the most rewarding,” said Ramos. “Becoming a member is hard, but in the end, when you are standing up there during the induction ceremony, it is very rewarding. It is worth the work, but it doesn’t end at the induction ceremony. That is where the work begins.”

Some of the more recent volunteer opportunities this chapter has participated in are feeding the military families at the Tripler Army Medical Center Fisher House, packaging nonperishable items at the Hawaii Food Bank, supporting Junior ROTC and sponsoring the Pacific Room Track Club.

Although the club spends a majority of its off time giving back to the community, it does not forget one of the most important resources – the Army treasures.

“The club is family oriented,” said Ramos. “We spend so much time volunteering that we bring families to the events. If you are giving up time with your family to serve the community, you can kind of close the gap by bringing your family along with you while teaching them the importance of giving back.

“One of the members received the Presidential Volunteer Service Award,” Ramos explained, “and his wife also received an award for all the work she has done for her volunteering.”

As Ramos prepares to pass the 8th TSC SAMC torch to the next president, she looks forward to continuing SAMC experience when she arrives at her new duty station and wants to encourage other potential candidates to join.

“Even though it is hard, it is an achievable goal,” said Ramos. “We are here to help. We want members because the bigger we are, the bigger the impact we can have.”



Sgt. 1st Class Quadedra Corey (left), a Sgt. Audie Murphy Club candidate, is one of 12 8th TSC SAMC volunteers at the Hawaii Food Bank, Honolulu, packaging various nonperishable items for those less fortunate, Aug. 1. Becoming a member of the SAMC sets Soldiers to a higher standard.



Photo by Brent Suyama, Hawaii State Department of Education

U.S. Rep. Mark Takai delivers the keynote address, Aug. 20, at the 2015 JVEF.

Partnerships with military strengthen Hawaii schools

KAREN A. IWAMOTO
Staff Writer

KAPOLEI — Officials from Hawaii’s military community and the Hawaii State Department of Education gathered at the Kroc Center, here, Aug. 21, for the 2015 Joint Venture Education Forum.

The forum highlighted the partnerships between service members and military-impacted public schools in the state. The Army partners with more than 40 military-impacted public schools in Hawaii.

“Our JVEF partnerships have improved support for military families and children, enriched our public schools and have built lasting bridges between our communities,” HIDOE Superintendent Kathryn Matayoshi said during the forum’s welcome address.

U.S. Rep. Mark Takai, a former JVEF board member, delivered the keynote address.

“JVEF represents an important covenant between our state and the armed services,” he said. “Our men and women in uniform protect and serve the United States; (they) protect and serve our state.

Our job here in Hawaii is to make sure, especially when they’re deployed, especially when they’re away from home, that they don’t have

to worry about things at home. They don’t have to worry about their kids at school. We’re going to take care of that, so they can fight the fight and concentrate on their mission.

“These service members rely on a shared commitment from their communities,” he added.

He emphasized three key issues that he is working on addressing in Congress:

●**Closing the gap** between those military families who fill out education impact aid forms and those who don’t.

●**Increasing the number** of public school improvement projects, such as those taking place at Hale Kula Elementary School on Schofield Barracks.

●**Expanding the amount** of Department of Defense impact aid appropriations that public schools receive.

Officials from military-impacted schools in Leeward Oahu, North Central Oahu and Honolulu also gave presentations about educational initiatives recently launched by their schools that are having a positive impact on students of military families.

The forum wrapped up with an award ceremony to recognize service members and civilians whose time and effort helped to strengthen Hawaii’s military-impacted public schools.

Volunteers recognized

Story and photo by
STAFF SGT. CARLOS R. DAVIS
2nd Stryker Brigade Combat Team Public Affairs
25th Infantry Division

KAPOLEI — Four Soldiers from 2nd Stryker Brigade Combat Team, 25th Infantry Division, were recognized during the Joint Venture Education Forum (JVEF) at the Salvation Army Ray and Joan Kroc Community Center, here, Aug. 20, for their hard work, commitment and dedication working with Hawaii schools.

The JVEF is a cooperative venture between U.S. Pacific Command and the Hawaii Department of Education to promote interaction between the military and state educators. School partnerships are a part of this venture and are one way the U.S. Army interacts with the community.

“Being recognized for something that we enjoy doing is wonderful,” said Sgt. Bryan E. Shermerhorn, 1st Battalion, 21st Inf. Regiment, who worked with cadets during the Junior ROTC Waianae Adventure Challenge, April 17-19. “When we were asked to volunteer, we never thought about being awarded anything. We just wanted to be involved and give back to the community.

“Having the opportunity to work with children is something that I haven’t experienced before, and it was an awarding experience,” he said.

“Growing up and coming from a public school, I never had this chance or experi-

enced a program like this,” said Capt. Edson Batista, a communications officer assigned to Headquarters and Headquarters Company, 1-21st Inf. “It’s nice to see what this island and the military are capable of doing together.”

Batista said the relationship between the communities and military is a win-win for everyone involved.

Soldiers of 2nd SBCT are involved with 13 schools on Oahu, where they participate in reading programs, area beautification and other activities.

“I just send out emails to the principal of the Waianae Intermediate and the Waianae High School,” Batista said. “We are always looking for new ways to continue our community outreach events, whether it’s starting a reading program, participating in career days or any other type of projects the schools may need help with.”

1-21st Honorees

Sgt. Ryan M. Douglas, Staff Sgt. Eric E. Mankin and Sgt. Bryan E. Shermerhorn, infantrymen assigned to Company C, and Capt. Edson Batista, Headquarters and Headquarters Company, 1-21st Inf. Regt., 2nd SBCT, 25th ID, were recognized at the JVEF for their volunteer efforts with local schools, Aug. 20.



From left, Sgt. Ryan M. Douglas, Sgt. Bryan E. Shermerhorn, Staff Sgt. Eric E. Mankin and Capt. Edson Batista of the 2nd SBCT, 25th ID, are recognized at the 2015 JVEF, Aug. 20, for their partnership work with local public schools.



Photo by Brent Suyama, Hawaii State Department of Education

Service member volunteers are honored for their contributions to Hawaii’s military-impacted pubic schools during the 2015 JVEF, Aug. 20, at the Kroc Center.

Forum highlights state partnerships with Hawaii’s

DEPARTMENT OF EDUCATION
News Release

KAPOLEI — The Joint Venture Education Forum (JVEF), a cooperative partnership between Hawaii’s military community, public schools and other community organizations, highlighted success stories of Hawaii’s military students and their families at its 14th annual meeting, Aug. 20, here.

JVEF’s mission is to facilitate the educational concerns and unique needs of military children and their families, such as transitioning to the islands, and to support Hawaii’s public school students.

“Our military dependent children often need added support during relocations among military facilities and schools as their parents serve our country,” said Superintendent Kathryn Matayoshi, Hawaii State Dept. of Education (HIDOE). “Our JVEF partnerships have improved support for military families and

children, enriched our public schools and has built lasting bridges between our communities.”

Awards were presented recognizing JVEF’s outstanding civilian and military contributors whose efforts have had a significant impact on Hawaii’s military and public school students.

Hawaii State Senator Jill Tokuda received the JVEF Outstanding Civilian Contributor Commendation Award for her commitment and expert guidance as former chair of the Senate Committee on Education.

Her support to JVEF helped to bring Hawaii’s military and education communities together and furthered education initiatives through the state budget process.

Coast Guard pilot Lt. Sam Pemberton received the JVEF Outstanding Military Contributor Commendation Award for his four years of service on the Hale Kula Elementary School Community Council.

Recognizing the desire of many military parents to participate in school community meetings, but also recognizing their difficulties in attending due to busy work and family schedules, Pemberton established virtual meetings via the school’s Facebook community. Online meeting participation has increased substantially as a result along with engagement with parents.

Longtime supporter of Federal Impact Aid funding to Hawaii, Congressman Mark Takai gave the keynote address.

Impact Aid partially reimburses HIDOE for the cost of educating children whose parents work or live on federal property.

Hawaii has the highest number of military dependent children per capita in the nation, representing approximately 8 percent of the total student enrollment.

More than 40 schools in Oahu’s Central, Leeward and Windward School Districts have significant populations of military dependent students.

Changes to MLA protect service members better

MONICA K. GUTHRIE
Army News Service

FORT SILL, Oklahoma — In July, the Defense Department closed loopholes against financial firms, protecting service members from institutions that have, among other things, charged interest rates in the triple digits.

President Barack Obama announced the changes to the Military Lending Act, or MLA, during the 116th Veterans of Foreign Wars National Convention, July 21, in Pittsburgh.

“In 2006, Congress enacted the Military Lending Act, in an effort to protect active duty service members from predatory lending,” said Capt. Jon Kotilnek, chief of Legal Assistance at Fort Sill. “The act prohibits lenders from charging more than a 36 percent military annual percentage rate (MAPR), which includes the following costs: interest, fees, credit service charges, credit renewal charges, credit insurance premiums and other fees for credit-related products sold in connection with the loan.

“The MLA requires lenders to disclose, both in writing and orally, the MAPR,” Kotilnek continued. “Furthermore, lenders are prohibited from rolling over loans unless the new loan results in more favorable terms for the service member.”

In the past, the act helped protect service members; however, creditors began finding loopholes to entangle military customers by offering products, such as rolling lines of credit, that didn’t fall under the law, allowing them to charge excessive rates. The new wording protects service members by including charges for “add-on” products, such as credit default insurance and debt suspension plans.

“Payday loan centers are the target of these rules,” Kotilnek said. “One study has shown that payday lenders prey on service members at twice the rate compared

to civilian counterparts. This is visible when driving out the gates of any one of our military installations.

“Payday lenders are scattered along the roadside eager to exploit Soldiers who find themselves in a financial dilemma,” Kotilnek added. “The announced rules propose to help reduce the unacceptable strain on military families through high-cost loans. The added rules will enhance overall military readiness by reducing the financial strain on troops and their families.”

The changes result in more institutions falling under the regulation, and those currently under have additional limitations with the goal to make it harder for them to charge high interest rates.

The act applies the 36-percent rate to payday loans or deposit advance loans that can cost service members and their families thousands of dollars in interest. It also includes other kinds of creditors by changing the definition of “consumer credit” so that other products now fall under the scope of the regulation.



Image courtesy of Army News Service

President Obama recently announced changes to the MLA that will close loopholes used by predatory lenders to target service members.



The Army demonstrated Command Post Wi-Fi leveraging Warfighter Information Network-Tactical Increment 1 satellite equipment during Network Integration Evaluation 15.2 at Fort Bliss, Texas, in May.

Army coms go wireless

Story and photo by
AMY WALKER
Army News Service

SCHOFIELD BARRACKS — Just like most American homes are shedding cables in favor of wireless technologies, the Army, too, is in the process of introducing Wi-Fi and 4G LTE (long term evolution) to its command posts to improve the agility of its forces.

As part of the effort, the Army successfully demonstrated a National Security Agency-accredited unclassified and classified command post Wi-Fi solution with a brigade command post, recently, supported by Soldiers from the 25th Combat Aviation Brigade, 25th Infantry Division, here.

“Network access is absolutely critical to expeditionary operations,” said Lt. Col. Joe Pishock, communications officer, 25th ID. “Expeditionary communications that connect everyone to the network allow for the best and most rapid transition of forces into diverse environments.”

Based in Hawaii, the 25th ID covers the entire Pacific area of responsibility and units are often restricted by the amount of equipment they can transport via ship or commercial air. Sometimes they have to establish headquarters and tactical operations centers in hardscape buildings, and even hotel rooms, as well as traditional tents, Pishock said.

“The flexibility offered by going wireless reduces the equipment string while simultaneously increasing our ability to adapt to any location,” Pishock said.

Wireless command posts not only shed cumbersome cabling, but network set up and tear down times could be cut significantly, increasing unit agility and reduc-

ing interruption of advanced situational awareness.

The Army’s command post Wi-Fi demo in Hawaii was a risk reduction exercise to prepare for network integration evaluation this fall, where the service plans to demonstrate both unclassified and classified CP (command post) Wi-Fi capability with a full brigade main command post. The Army successfully demonstrated unclassified CP Wi-Fi with a battalion-sized element at Fort Bliss, Texas, in May.

“Unplugging the command post increases freedom of maneuver, to better fight the fight, or aid in disaster-relief situations,” said Lt. Col. Mark Henderson, product manager for Warfighter Information Network-Tactical Increment 1, which manages the Army’s CP Wi-Fi and 4G LTE capabilities. “Fewer cables enable speed of maneuver, which allows Soldiers to remain fully engaged in the mission longer. This is a game changer.”

Without wireless capability, setting up a network in a brigade command post takes hours and requires 17 boxes of 1,000 foot CAT 5 cable that weigh a total of 255 pounds. The cables have to be cut, laid out, configured and plugged in. Often, special protective flooring must be laid to protect the cabling.

By going wireless, network set up and tear down time may be reduced by hours. Additionally, units can turn on their Wi-Fi “hotspot” and – instead of their network coming up last following command post set up – now it comes up first, significantly reducing network downtime for commanders and staff.

(Note: Read the rest of this article at www.hawaiiarmyweekly.com.)

Antiterrorism awareness requires planning for worst

DAVID VERGUN
Army News Service

WASHINGTON — Terrorists have struck military targets in the United States, as well as overseas, and it is likely such attacks will continue. Terrorism experts caution to plan for the worst.

Besides the 2006 Fort Hood, Texas, shooting and the 2009 Little Rock, Arkansas, recruiting office shooting, five service members were recently killed as a result of a July 16 attack on a recruiting and reserve center in Chattanooga, Tennessee.

Defense Secretary Ash Carter praised the service and sacrifice of the slain Marines and Sailor during a memorial service in Chattanooga, Aug. 15.

“Many of them served abroad and fought on the front lines of faraway battlefields in places like Iraq and Afghanistan,” Carter said. “And here at home, they were serving among the many men and women in uniform, who represent our military communities — in communities across the country, on the front lines of the force of the future.”

Carter said U.S. leaders take acts of harm against Americans “personally” and will do what it takes to protect the service members, who serve and protect the nation.

“The few who threaten or incite harm to Americans – violent extremists or terrorists, wherever they are – will surely, very surely, no matter how long it takes, come to feel the long arm and the hard fist of justice,” he said.

“Those who attempt to inspire fear or terror will find no satisfaction, have no success, in the United States of America. Instead, we come back. We come back from tragedy stronger and more united than before,” the secretary said.

Carter said he has directed the military services to fundamentally review their domestic security procedures and take immediate steps “to improve the security and force protection of our personnel. And we will do more if necessary,” he said.

The Army issued a “2015 Threat Warning to

U.S. Army Standalone Facilities,” July 21. The message warns about threats from extremists, “particularly lone offenders,” to standalone facilities in the United States, such as recruiting stations. It suggests courses of action to help increase the security of service members in those facilities.

Included among the suggestions are these:

- Conducting random antiterrorism measures;
 - Having a valid plan for active shooter response and testing the plan periodically;
 - Ensuring personnel have situational awareness and know procedures, such as egress and security contacts;
 - Varying routines, such as routes and behaviors, to avoid being a predictable target;
 - Being on alert for and reporting suspicious behavior or anything out of the ordinary; and
 - Thinking before using social media, so as to avoid divulgence of personal information.
- Maj. Gen. Jeffrey Snow, commander, U.S.



Army Recruiting Command, said the level of force protection at recruiting stations needs to be enhanced, but he personally does not favor arming recruiters.

Recruiters visit schools and other places in the community; carrying weapons could send the wrong message, he said.

“My concern is that there’s going to be some individuals that see somebody outside one of our recruitment centers with a weapon, and it may cause them to think twice about coming in and speaking to one of our great recruiters,” he told Boston National Public Radio’s “Here & Now” host, Robin Young, Aug. 17.

Carter said that despite the attacks, recruits are lining up to volunteer, “in some cases, more than they were before,” the secretary noted.

“Young men and women are still signing up to serve and defend their country,” Carter said. “They will carry forward the legacy of the fallen, and like them, they too will serve in the finest fighting force the world has ever known.”

(Note: Read the rest of this article at www.hawaiiarmyweekly.com.)

OPM offers rare open season for Fed’s life insurance

STEVE BEEM
Army News Service

FORT LEONARD WOOD, Missouri — For the first time in 11 years, the Office of Personnel Management is allowing open season and has announced new 2016 premium rates for the Federal Employees’ Group Life Insurance Program.

“FEGLI open seasons are extremely rare, and the most recent open season was in 2004. This is great news,” said a human resource specialist assigned to the Fort Leonard Wood Civilian Personnel Advisory Center.

The FEGLI open season runs from Sept. 1 to 30, 2015. During this time, federal employees, who are eligible, can elect or increase their FEGLI life insurance by submitting an electronic election to their human resources office via logging into their Employee Benefits Information System. EBIS is located at www.abc.army.mil.

2016 FEGLI premium rates

According to OPM, effective Jan. 1, 2016, FEGLI premium rates will change for some types of coverage as follows:

- There will be no changes to the premium rates for basic insurance for employees.
- Most premium rates for Option A, Option B and Option C will decrease.
- Premium rates for Post-Retirement Basic Insurance with 50 percent reduction and no reduction will increase.

- Premium rates for older age bands of Options B and C will increase.

OPM reminds participants that federal employees and retirees can reduce or cancel FEGLI at any time.

Enrollees who are satisfied with their current FEGLI coverage do not need to make any elections during the 2016 FEGLI open season.

More reminders and information will be provided by the installation CPAC as FEGLI Open Season draws closer.

What is FEGLI?

The federal government established the FEGLI on Aug. 29, 1954. It is the largest group life insurance program in the world, covering more than four million federal employees and retirees, as well as many of their family members.

FEGLI provides group term life insurance. As such, it does not build up any cash value or paid-up value. It consists of basic life insurance coverage and three options.

In most cases, if you are a new federal employee, you are automatically covered by basic life insurance, and your payroll office deducts premiums from your paycheck, unless you waive the coverage.

In addition to basic, there are three forms of optional insurance that you can elect. You must have basic insurance in order to elect any of the options. Unlike basic, enrollment in optional insurance is not automatic. You must take action to

elect the options.

The cost of basic insurance is shared between you and the government. You pay two-thirds of the total cost, and the government pays one-third. Your age does not affect the cost of basic insurance. You pay the full cost of optional insurance, and the cost depends on your age.

The Office of Federal Employees’ Group Life Insurance, which is a private entity that has a contract with the federal government, processes and pays claims under the FEGLI Program.

Who is eligible?

Most federal civilian employees are eligible to enroll in the FEGLI program. This includes part-time service employees. However, there are some exclusions by law and regulation.

FEGLI options

FEGLI consists of basic insurance, Options A, B and C.

The basic insurance amount is based on your actual current pay.

To determine your BIA, to the following: Take your annual rate of basic pay, and

- Round up to the next higher thousand (if it’s not already an even amount), and
- Add \$2,000.
- Option A: Option A coverage is \$10,000.
- Option B: Option B coverage comes in one, two, three, four or five multiples of your annual pay (after your pay has been rounded to the next

higher thousand). It does not include the extra \$2,000 added for your BIA.

- Option C: Option C provides coverage for your spouse and eligible dependent children. When you elect Option C, all of your eligible family members are automatically covered.

You may elect either one, two, three, four or five multiples of coverage. Each multiple is equal to \$5,000 for your spouse and \$2,500 for each eligible dependent child.

(Note: Beem works at Fort Leonard Wood.)



Courtesy image

For the first time in 11 years, the Office of Personnel Management is allowing open season and announced new 2016 premiums rates for the Federal Employees’ Group Life Insurance Program.

Traffic Report

Traffic Report lists detours, road work, construction and noise advisories received by press time from U.S. Army Garrison-Hawaii and Hawaii Department of Transportation (HDOT) sources. Visit www.garrison-hawaii.army.mil/trafficcalendar.htm for the latest Army Hawaii traffic advisories. Unless otherwise noted, all phone numbers are area code 808.

Today

Laniakea Barriers Moved — On Monday, HDOT crews moved the concrete barriers that were placed near Laniakea Beach on Kamehameha Highway. No parking, stopping, standing, loading and unloading signs are in place to restrict parking 24/7. Additionally, no parking signs will be added in the coming weeks.

Drivers who violate the parking restriction risk being cited and/or towed. Also, jaywalking across the highway continues to be against the law.

The approximately 1,000 feet of barriers were placed in the area to improve safety and relieve congestion caused by vehicles parking and offloading on the mauka side of the highway. When the court ruled on June 4 that the state must remove the barriers or reach agreement with the plaintiffs, HDOT worked on possible alternatives, including opening up a section on either end of the barriers to allow one-way traffic and parking.

Assessments and improvements are necessary in order to make any alternative safe, feasible and accessible to all.



Unfortunately, HDOT was not allowed the time necessary to perform needed feasibility assessments or make improvements. To allow parking without making the safety and operational improvements necessary could subject users to unsafe conditions in the parking area, negatively impact traffic movement in the area and subject the state to lawsuits and liability concerns.

29 / Saturday

Karsten Thot Closure — Work continues to repair and repaint the Karsten Thot Bridge. HDOT says all lanes will be closed today on Kamehameha Highway, in both directions, between Whitmore Avenue and Kilani Avenue at the Karsten Thot Bridge (north of Schofield Barracks on Kamehameha Highway), from 6 a.m. to 2 p.m., for emergency removal of Albizia trees.

The work is being performed in advance of severe weather conditions and will be performed on the weekend in order to bring multiple crews together from around Oahu. For safety and visibility reasons, the work will be done during daylight hours.

One of the Albizia trees in question is only feet off the roadway and stands approxi-

mately 60 feet tall. The removal will prevent it from falling and causing damage or injuries.

Visit hidot.hawaii.gov.

September

2 / Wednesday

Public Info Meeting — HDOT invites the public to an info meeting regarding proposed improvements to Kahekili Highway. The meeting will include a short, formal presentation at 7 p.m., in the Āhuimanu Elementary School cafeteria, 47-470 Hui Aeko Place, Kaneohe.

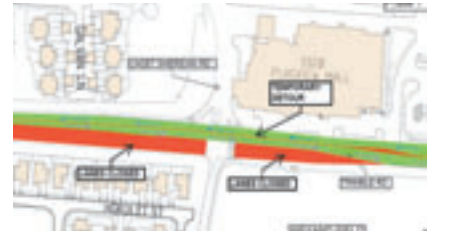
Interested persons are encouraged to arrive at the meeting by 6:30 p.m., prior to the formal presentation, to view the project displays and to provide comments to the project team.

3 / Thursday

Southbound Sheridan — There will be a lane closure from southbound Cadet Sheridan Road onto westbound Trimble Road. The right turn lane going west bound onto Trimble at the Cadet Sheridan intersection will be closed.

Vehicles will still be able to make the right turn at the intersection on the green light only. Large trucks won’t be able to make this right turn and will be rerouted accordingly.

The work will be performed weekdays, 8:30 a.m.-3:30 p.m. until Sept. 11. *(See map below.)*



Ongoing

AMR Modified Traffic — Aliamanu Drive at Aliamanu Military Reservation will be restricted to one lane only, weekdays, 8:30 a.m.-3:30 p.m., until Sept. 4.

No Parking — The second phase of work on Schofield’s Trimble Road restricts access in the parking lot by Bldg. 1505 until Sept. 15.

NEWS Briefs



Got an event of interest to Soldiers or civilian employees coming up? Send your announcements to news@hawaiiarmyweekly.com.

Today

Sunday Shopping — The Schofield Barracks Military Clothing Store is open Sundays on a trial basis, 10 a.m.-5 p.m., until Nov. 15. Call 622-1773.

ACS Closed — All Army Community Service offices will be closed today. Call 655-1442.

Bronco Broadcast — Listen now as the Talking With Heroes Program interviews Iraqi-born “Sgt. A” (name withheld for security reasons) from the 3rd Brigade Combat Team, 25th Infantry Division. Growing up in Iraq, he faced some incredibly difficult challenges. Don’t miss this story of resilience and patriotism. Visit <http://tobtr.com/7866375>.


Cannoneers — Army leadership has recommended that field artillery military occupational specialties 13B (cannon crewmember) and 13D (automated tactical data systems specialist) be open to women.

In the 1970s and 1980s, women served in Pershing and Lance missile units. Over the past few decades, they have filled supporting roles in artillery units. As field artillery surveyors, they provide accurate unit locations, and they give accurate weather data as meteorological specialists.

Historic Rangers — Two women Soldiers have earned the Ranger tab. West Point graduates Capt. Kristen M. Griest and 1st Lt. Shaye L. Haver were among the 96 Soldiers who graduated Ranger School at Fort Benning, Georgia,

Aug. 21.

The Army plans to run another Ranger School assessment in November that will be open to women.



29 / Saturday

RAD Registration — Today is the last day to register by mail for Retiree Appreciation Day at the Nehelani, 8 a.m.-2 p.m., with a banquet, guest speakers and info tables manned by retiree service providers. Call 655-1458/1585.

September

14 / Monday

CFC Time — The Combined Federal Campaign for the Hawaii-Pacific region starts today and runs until Nov 13. All commands have a CFC representative with the goal of contacting 100 percent of service members and DOD civilians in the community to raise awareness.

CFC is one of two annual fundraisers authorized by the Army, the other being Army Emergency Relief. With CFC, you can pinpoint charities to support in your home state or here in Hawaii.

To pledge, see your unit representative or visit www.cfc-hawaii.org/.

19 / Saturday

RAD — Soldiers for life, join your former battle buddies at Retiree Appreciation Day. It takes place on Schofield Barracks at the Nehelani, 8 a.m.-2 p.m., conducted by fellow retirees/service providers. Call 655-1458/1585.

Mentors Needed — Following a program revamp, IMCOM Workforce Development is re-announcing the opportunity to compete for the 2016 Installation Management Command Headquarters Centralized Mentorship Program.. Applications will be accepted until Oct. 19, with a program target start date of Jan.10, 2016. Previous applicants must reapply for consideration.

Visit https://army.deps.mil/army/cmds/imcom_HQ/G1/TMD/SiteAssets/wfd.aspx.

25th CAB assists at aviation museum’s R/C airshow

Story and photo by
CAPT. HEBB BULLOCK
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

WHEELER ARMY AIRFIELD — Volunteers from the 25th Combat Aviation Brigade, 25th Infantry Division, supported the Pacific Aviation Museum’s “Biggest Littlest Airshow,” a radio-controlled airshow, Aug. 15-16.

The Soldiers, donned in red volunteer unit T-shirts, maintained security or assisted in the Vietnam veterans exhibit area. They were excited about the opportunity to interact with the local community and speak to the veterans.

“This was a great experience to learn from courageous leaders who went before us,” said Pfc. Paul Toth, Delta Company, 3-25th Avn. Regt., 25th CAB. “Their stories are remarkable, especially the (former) prisoner of war that I talked to.”

Toth spoke to several veterans, but 95-year-old Harold Rideout, a World War II POW in Italy, stood out to him the most.

“I was serving in the Air Force when my plane crashed in Italy. They took me. I was a prisoner of war in Italy for 10 months until I escaped,” said Rideout.

“I am truly loving this air show and enjoying talking to all our young service members about history,” he said.

The 25th CAB strives to remain involved in the community assisting where needed to continue to give back and build a solid foundation within Hawaii.



Community members check out the Kiowa donated by the 25th CAB to the Pacific Aviation Museum at the Biggest Littlest Airshow, Aug. 16.

2015 ALA HAWAII SHOW



HONOLULU — An Imuraya USA vendor, left, describes his company's dairy-free mochi ice cream dessert to retired Sen. Daniel Akaka, Aug. 18, at the 2015 American Logistics Association Hawaii Show. Imuraya USA was one of several companies selected to have new products sold in commissaries, according to ALA Hawaii officials. Other products selected included Tiki Candy Company chocolate bars, Punaluu Bake Shop sweet breads, Olakai sea asparagus, Happy Valley dried fruit mix, Brio ice cream, Fujiya chocolate fortune cookies and more. The ALA Hawaii Show is an annual trade show that connects DeCA buyers with Hawaii companies.

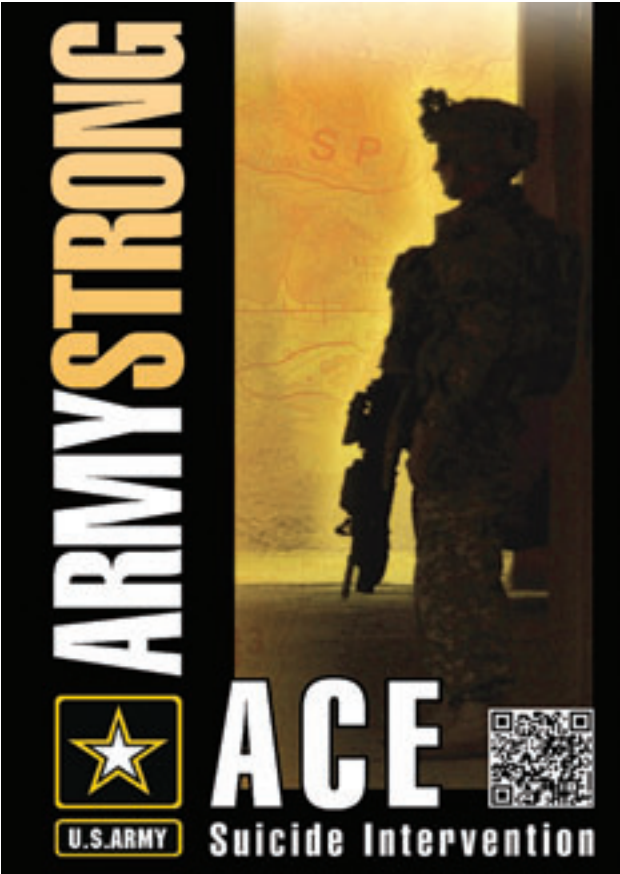




Photo courtesy of RJ-Kaleidoscope Photography

The Warrior Transition Battalion Female Group paddles hard to the finish line in one of a dozen races, Aug. 22, at the Na Koa Wounded Warrior Canoe Regatta. Sgt. Kawaiola Nahale (third paddler from front) said, “Paddling with Malama Na Koa means that I can spend time with my battle buddies while we participate in a sport that not only helps us recover physically, but mentally, as well.”

Warriors find healing through paddling competition

1ST LT. AUBREY “BRE” BOSWELL
Warrior Transition Battalion

WAIKIKI — Saturday marked the sixth annual Na Koa Wounded Warrior Canoe Regatta at Fort DeRussy Beach Park where more than 80 teams competed.

Malama Na Koa, the Warrior Transition Battalion Hawaii (WTB-Hawaii) paddling program, was started three years ago by Ka Malamahoe to promote healing for Soldiers in Transition (ST) and to embrace Hawaiian culture.

Fourteen teams comprised of Soldiers, cadre and alumni represented WTB-Hawaii at the regatta this year.

For most competitors, this was not their first regatta.

Sgt. 1st Class Rodrigo Theodoro, an ST from Bravo Company, competed in his third regatta this year. He was drawn to paddling due to the benefits he saw in his healing process and the camaraderie of the team.

Sgt. 1st Class Jerome Amoa, an HHC cadre, was originally drawn to paddling for a much different reason.

“When I was young, it was an excuse to get out of doing chores,” said Amoa.

Though many of the competitors are current STs or cadre, many of the paddlers are WTB alumni. For example, Paul Bryant retired from the ST in September of 2014 and is a member of the team.

“When I’m out on the water, I forget everything,” Bryant said. “All my troubles and worries are back on land. I just concentrate on paddling; it’s just serene.”

Paddling has made an obvious impact on him.

“I love it,” exclaims Bryant. “This is my third canoe regatta, and I’ll absolutely be here for next year’s competition.”

The Results
WTB-Hawaii took first and second place in the Wounded Warrior Division. The first place team, WTU MANO, completed the quarter mile course in 58.52 seconds. The team consisted of Danny Moncada,

Amoa, Shawn Rivera and Mike Tosaki. WTU ‘ELUA placed third with a time of 1:03.25. Team members included Sal Torres, Issac Floyd, Tom Brickler, Peter Crisostomo, Alike Naluai and Scotty Thompson. “It’s great to see how working as a group

By taking part in this unique cultural experience, they gained more than a trophy. The camaraderie and therapeutic benefits leave each paddler looking forward to the next time out on the water. “It’s a great honor to take part in this event



Photos by Jim “Goose” Guzior, Tripler Army Medical Center Public Affairs

1- Warrior Transition Battalion Soldiers, cadre and veterans push past the pink flag, signaling their first victory of the day. 2- U.S. Rep. Tulsi Gabbard delivers opening remarks. 3- WTB Soldiers, cadre and veterans celebrate after winning their first regatta race.

Jerome Amoa, Rudy Rosario, Peter Crisostomo, Alike Naluai and Scotty Thompson. “It felt like just another practice session,” said Amoa. “It felt really good.” WTU NAI’I took second place with a time of 59.38 seconds. The team included members Chris Wheelen, Issac Floyd, Fred Howard, Taliese Vivao, Lief Anderson and Mike Tosaki. WTB-Hawaii also took first and third place in the Combat Veteran Division. WTU ‘EKAHI took first place with a time of 1:00.33. The team members included Danny Moncada, Patrick Nunnari, Rocky Siufanua, Jerome

pays off,” said Sgt. 1st Class Sal Torres, a platoon sergeant (PSG) in Alpha Company. “You practice and you execute.” Sgt. 1st Class Rocky Siufanua, another Alpha Company PSG, agrees. “Receiving that paddle as a team, seeing all the hard work, dedication, time and effort, it’s all worth it,” Siufanua said. While success is nice, it’s not all about winning for those who compete. The Na Koa Wounded Warrior Canoe Regatta has created a niche that not only promotes healing among Wounded Warriors and combat veterans, but also veterans and their families.

to honor our fallen and honor our wounded,” said Amoa. (Note: Read about 8th Theater Sustainment Command’s participation in the regatta at www.hawaiiarmyweekly.com.)



From left, Matthew McCarville, vice president of Wounded Warrior & Family Programs for the Hawaii Chapter; Maj. Gen. Charles A. Flynn, 25th Infantry Division commander and U.S. Army Hawaii senior commander; U.S. Rep. Tulsi Gabbard; retired Staff Sgt. Thomas Lee, Wounded Warrior and Na Koa Wounded Warrior Canoe Regatta grand marshal; and Gen. Vincent K. Brooks, commander, U.S. Army Pacific, pause for photos following the Distinguished Visitors Race at the regatta.



Briefs

Today

Hawaiian Luau Lunch Buffet — Enjoy delicious local-style food, 11 a.m.-1 p.m., every last Friday of the month. Cost is \$14.95/per person. Call SB Kolekole Bar & Grill at 655-4466 or FS Hale Ikena at 438-1974 for reservations.

SB Right Arm Night — Kick back with your “right arm” and drink specials and a pupu buffet beginning at 5 p.m. Spouses and DOD civilians welcome. Play in the Texas Hold’em Tournament for prizes. Call 655-4466 for more information.

Which unit has the most pride? Bring your “right arm” out to compete for the \$100 MWR buck prize! This is an adult event.

Leilehua Concert Series — An evening of Hawaiian music, free and open to the public, 6-8 p.m. Food and beverages available for purchase. Call 655-7131.

29 / Saturday

Introduction to Surfing — Outdoor Recreation offers a 50 percent off special to learn to surf like a local, 8:30 a.m.-12:30 p.m., on the south shores of Oahu at White Plains. This is a great beginner location for all ages.

Outdoor Rec. will provide the transportation, equipment and instruction. All you need to bring is water, snacks and sunscreen.

Must be a proficient swimmer and able to tread water for at least 6 minutes and swim 200 yards. Sign up at Outdoor Rec. no later than noon, Aug. 28. Cost is \$30/person. Call 655-9046.

31 / Monday

Mongolian BBQ — Barbecue starts at 5 p.m. at SB Kolekole Bar & Grill. Customize delicious, healthy food in endless different ways. “Create your own stir-fry” using a variety of meats, poultry, seafood, vegetables, sauces and spices. Every stir fry is served with your choice or combination of rice, fried rice and noodles. Children’s menus are available. Cost is 65 cents for each ounce. Call 655-4466.

September

2 / Wednesday

Climbing 101 — Go to the SB Outdoor Recreation Center to register for Climbing 101 at 5:30-7 p.m., for \$15/person.

Want a unique full-body workout, too? Come learn the basics of climbing a stationary wall with a pro.

Don’t have the right shoes? Don’t worry, we have most sizes, and both



After the 311th SC(T) competed in the annual Reebok Spartan Race Hawaii at Kualoa Ranch on Aug. 15, Soldier athletes gather for a photo. The 12-plus-mile course included over 30 obstacles. Pictured, from left, are Staff Sgt. Jasmon Mcallen, Capt. Jerome Adamczyk, Spc. Jennie Henry, Pfc. Adrian Crooks, Staff Sgt. Ronald Agustin and Capt. Mark Bonaudi.

311th Sig. sprints Spartan Race

Story and photo by
TYLER OGOSHI
311th Signal Command (Theater)
Public Affairs

WINDWARD OAHU — Flecks of mud flew through the air, kicked up by the runner in front, and beads of sweat streaked down foreheads, cutting clean paths through grimy faces, if only momentarily.

Mud, sweat, blood and the occasional tear were just a few of the factors that those participating in the annual Reebok Spartan Race Hawaii encountered during the two-day event at Kualoa Ranch, here, Aug. 15-16.

For a handful of Soldiers from the 311th Signal Command (Theater), the Spartan Race would mark the culmination of weeks of volunteering and training.

“The tremendous effort from all of the 311th volunteers made the race possible for the thousands of participants from all over the world,” said Capt. Jerome Adamczyk of the 311th

SC(T).

In the week leading up to the event, 15 Soldiers from the 311th SC(T) volunteered to help Spartan Race Hawaii prepare the course for the thousands of participants who would be attending the race from around the world.

Overall, the group accumulated over 250 hours of volunteer time at the Kualoa Ranch, in activities such as loading/unloading and delivering gear and obstacles, setting up obstacles, grooming the course (weed whacking, machetes, removing sludge from swamp), registration packet handout and other minor tasks.

Six Soldiers from the 311th SC(T) ran the Beast, a more than 12 mile course with over 30 obstacles, on Saturday, Aug. 15. Obstacles that runners had to face included a swamp crawl, cargo net climb, atlas stone carry, sandbag carry, tire pull, rope climb, river run, wall climbs, spear throw and monkey bars.

“The most exciting part of the race was completing the 20 foot rope climb and finishing the race with the team,” said Capt. Mark Bonaudi, 311th SC(T).

“The most difficult part of the race was having patience to deal with the choke points. There were multiple single file trails that you simply had to wait for the person in front of you to go. That was difficult.”

Overall, the Spartan Race was a huge success, with runners representing dozens of states and countries around the world.

Despite the physical hardship of the event, the race itself served as an outstanding team-building event.

“(The race) will challenge anyone of any physical fitness level, but in the end it is mentally tough,” said Bonaudi.

“The comradery ... makes it worth the physical pain associated with running, jumping, climbing, crawling and carrying for 14 miles up and down the Oahu mountains!” he said.

instruction and shoes are included in the price. Sign up NLT noon Sept. 1. Call 655-9046.

4 / Friday

Grill Your Own Steak Night — Grill your own steak every 1st and 3rd Friday, from 3-8 p.m. at the FS Hale Ikena on Mulligan’s Lanai for \$13.95, or let one of the chefs grill it for an extra \$3. All steaks are served with a baked potato and the chef’s choice of vegetable. Call 438-6715.

5 / Saturday

Men’s & Women’s 10K — Join participants cheering on the military in this battalion-level men’s and women’s 10K cross country competition. The race starts at 7 a.m. on SB Stoneman Field. Call the Sports Office, 655-9047, for more details.

Shoreline Fishing — Small game shoreline fishing goes from 8:30 a.m.-

12:30 p.m., for \$30/person. Come learn the secret ways of Oahu fishing from master fisherwoman and Outdoor Rec. programmer Sharon Nakai. She will take you to one or two spots on the island.

Outdoor Rec. will provide the transportation (up to 12 people), fishing gear (inquire) and instruction. Just bring water, snacks and sunscreen.

Sign up at Outdoor Rec. NLT Sept. 2. Call 655-9047.

7 / Monday

Men’s & Women’s Flag Football — Come watch the men’s & women’s flag football tournament at SB Stoneman Stadium and FS Takata Field. Games will run from 6-9 p.m.

An organization meeting will take place Sept. 3 at the SB Sgt. Yano Library main conference room, Bldg. 560. Call the Sports Office at 655-0856.

Men’s & Women’s Softball —

Come watch the men’s & women’s battalion-level softball tournament, Sept. 7-18 at the SB Stoneman Softball Complex and FS Takata Field. Games will run from 6-9 p.m.

An organization meeting will take place Sept. 3 at the SB Sgt. Yano Library main conference room, Bldg. 560. Call the Sports Office at 655-0856.

9 / Wednesday

Operation Rising Star Auditions — Are you the next big singing superstar? Come find out at the 2015 Operation Rising Star Competition auditions, from 6-10 p.m. at the SB Nehelani. This event is open to active duty military and family members.

The top prize will win \$750 cash. There will also be a \$300 Spirit Award for the most supportive unit or family readiness group.

Auditions are closed to the public. Participants must be 18 and older. Call 655-0660.

5 / Saturday

Walk/Run Remembrance — To raise awareness about the mission of the Tripler Fisher House in Hawaii, come honor warriors lost in combat since 9/11 by participating in an 8K walk/run and boot display.

A motorcycle escort will lead the run, so motorcycle clubs wearing proper safety gear are welcome to join.

After the 8k, the boots of the fallen will be assembled on Ford Island at the corner of Enterprise and O’Kaned; they’ll remain until Sept 12.

This event is open to the public; access Ford Island NLT 5 a.m. Visit www.eventbrite.com/e/tripler-fisher-house-8k-hero-remembrance-run-walk-or-roll-2015-tickets-16982152074?aff=erelexporg for more.

6th Annual Rice Fest — This one-day free event, 10 a.m.-5 p.m., is billed as Hawaii’s largest annual rice event, and welcomes the team from “Eat the Street” to celebrate a variety of cultures at Ward Village, behind the Ward Theater parking structure. Visit www.ricefest.com.



Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

29 / Saturday

Kolekole Walking/Hiking Trail — The trail is closed this weekend due to live-fire training.

Keiki Bodyboard Contest — Bellows Air Force Station MWR hosts this competition, beginning at 9 a.m., for ages 4-15. All entrants must have base access. Preregister at 259-4137 or visit www.bellowsafs.com for rules and entry form.

Chapel Fest ’15 — Enjoy music, food and festivities, 10 a.m.-2 p.m., at the SB Main Post Chapel for this annual family event.

2015 Greek Festival — Join the 34th annual event, noon -9 p.m., at McCoy Pavilion, Ala Moana Park, dubbed “Hawaii’s biggest end of summer party,” which features food

and entertainment, including authentic Greek dances. Admission is \$3.

31 / Tuesday

Family Night — Enjoy AMR family gatherings at 5:30 p.m. every Tuesday at the AMR Chapel. The broad-ranging Christian program features fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel, 839-4319. Schofield Family Night begins Sept. 9 and is held Wednesdays at 5:30 p.m.

September

2 / Wednesday

Federal Survey Cards — On Sept. 2, a Federal Survey Card will be distributed to every Hawaii public school student as part of the Federal Impact Aid Program that partially reimburses school districts that lose revenue due to the presence of tax-free federal properties. The card needs to be completed and returned to your child’s school the very next day.

If you have questions on how to fill out the form, contact your child’s school or the Army School Liaison Office at 655-8326.

3 / Thursday

“Take a Stand” Contest Deadline — K-through high school students are invited to create a poster and public service announcement relating to the contest theme “Youth - Don’t Be a By-stander.” Contact the Health Promotion Program at 655-4772 or the School Liaison Office at 655-8326.

Hawaii vs. Colorado College Football — The Rainbow Warriors kick off the 2015 football season hosting the Colorado Buffaloes, 7 p.m., at Aloha Stadium. Selected parking lots open at 2 p.m. Avoid ticket lines by purchasing tickets online at www.HawaiiAthletics.com or by phone 944-2697.

Sea Dragon Cup — The 94th Army Air and Missile Defense Command hosts a tournament at Leilehua Golf Course open to all ranks and civilians. Registration begins at 10:30 a.m., and for a little ex-

tra, duffers can enhance their averages by purchasing strings and mulligans. Call 448-1589.



Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 11:30 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 10 a.m. at WAAF



Temporarily closed for maintenance



Schofield Barracks

Sgt. Smith Theater

is closed for Directorate of Public Works maintenance work.

Tentative reopening for movie viewing is now scheduled for

Friday, Sept. 4

Call Schofield Exchange at 237-4502/4572.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield



Shopping the Hawaii Exchange pays Dividends

ARMY & AIR FORCE EXCHANGE SERVICE
Public Affairs

SCHOFIELD BARRACKS — All military and their families shopping and dining at Army & Air Force Exchange Service stores and restaurants in Hawaii Exchange generated nearly \$1.4 million last year for Army and nearly \$3.0 million for Air Force for quality of life programs.

Over the past 10 years, the Exchange has provided more than \$2.4 billion in dividends to military programs, including Better Opportunities for Single Soldiers (BOSS), Hickam Harbor Marina, outdoor recreation and Mamala Bay Golf Course at Hickam Air Force Base.

“Roughly two-thirds of Exchange earnings are paid to the services’ Morale, Welfare and Recreation programs, while the other third goes toward

building new stores and renovating facilities,” said Hawaii Exchange General Manager Robert Rice.

The Exchange’s mission of providing quality goods and services at competitively low prices while generating earnings to support quality of life efforts means that the Exchange benefit is more than finding a good price on merchandise.

This structure ensures that shoppers who take advantage of their benefit at the Hawaii Exchange or online are working to better their communities.

“One hundred percent of Exchange earnings serve the military and their families,” said Rice. “When service members shop or dine at their Exchange, they’re investing in their own community, making it a better place to live and work.”



Photo by 2nd Lt. Brittany Friend, Army News Service

Hawaii's Exchange stores and restaurants generate nearly \$2.4 billion in dividends to military programs over the past decade, including to the Mamala Bay Golf Course.

Federal Survey Cards worth millions in impact aid

TAMSIN KEONE
School Liaison Office
Army Community Service

SCHOFIELD BARRACKS — Wednesday, Sept. 2nd, is an important date for Hawaii public schools.

It is the day that students will bring home a federal survey card for parents or guardians to complete and return to schools the following day.

Schools will receive federal impact aid based on the number of survey cards that are returned by federally connected students who live on or whose parent or guardian is employed on federal property.



Courtesy photo

Public schools receive federal impact aid based on the number of survey cards that are returned by federally connected students who live on federal property or whose parents or guardians are employed by the federal government.

free federal installations.

Impact aid is intended to partially compensate the Hawaii DOE for the families of federally connected students who pay less in taxes into the school district than local residents. It partially makes up for local tax losses resulting from tax-free federal installations.

For example, people living on federal property do not pay local property tax. People who work on federal property, in turn, work for companies that do not pay local property tax. Also, people who work for the military have the ability to shop for food and other items at stores that do not charge sales tax. Therefore, Hawaii and its school districts lose not only

property tax revenue, but also sales tax and licensing fees.

Impact aid funding offsets costs for Hawaii Common Core curriculum resources, substitute teachers, student transportation, utilities (like electricity) and other services. Hawaii’s public schools rely on federal impact aid as a significant part of the education budget. By filling out and returning the survey cards, parents are helping schools claim and benefit from their authorized share of federal support.

Parents are encouraged to fill out and return surveys to schools promptly. Non-re-

sponse could result in the loss of millions of dollars in federal funds that benefit both our military and local communities.

Every card that is not returned will result in lost revenues to Hawaii classrooms statewide.

(Note: Army Community Service is part of the Directorate of Family and Morale, Welfare and Recreation with U.S. Army Garrison-Hawaii.)

Questions
For more information, call the School Liaison Office at 655-8326.

Influenza may be preventable with vaccination

CRYSTAL MAYNARD
Army News Service

The U.S. Army Medical Research and Materiel Command (USAMRMC) would like to remind all that August is National Immunization Awareness Month, which means it is time to ensure your family’s immunizations are up-to-date and to schedule your seasonal flu shot.

People of all ages should maintain their health through immunizations. Vaccines have helped wipe out or significantly reduce the number of many dangerous and deadly diseases in the U.S. and the world.

Despite the success, many people become severely compromised or die from preventable diseases.

Why stay up-to-date?

By staying up-to-date on recommended vaccinations, Soldiers and Army civilians help protect themselves, their families, friends and the community from life-threatening infections. Vaccines are especially important for the

military to ensure our armed forces are ready and fit.

What’s the history?

The Army’s history of using preventive vaccinations began in 1777 when George Washington ordered the inoculation of all Continental Army recruits to prevent smallpox, an extremely infectious and serious disease.

In the years since, USAMRMC researchers have developed vaccines that have prevented diseases in the military, and have also helped safeguard public health.

“While the Army has developed many vaccines, the development of the influenza vaccine is probably the vaccine that most Americans recognize,” said Capt. (Dr.) Xiaoxu Lin, laboratory director of the USAMRMC’s Walter Reed Army Institute of Research’s Viral Diseases Branch.

What is the flu?

The flu is a contagious respiratory illness

caused by influenza viruses and can cause mild to severe illness.

In the 1940s, the U.S. Army Surgeon General commissioned research to develop influenza vaccines after recalling an outbreak of the flu that sapped the strength of the Army in the early 1900s. The vaccine was one of the first iterations of the flu vaccine still used today.

The single best way to prevent the flu is to get vaccinated each season. According to the Centers for Disease Control and Prevention, between 1976 and 2006, estimates of flu-associated deaths in the U.S. ranged from a low of about 3,000 to a high of about 49,000 people.

What are misconceptions?

“There are a couple of common misconceptions about the flu vaccine that many people have that stop them from getting the vaccine,” said Lin. “One is that the flu shot will give them the flu, and the other is that flu vaccinations are just for kids. Both of these statements are not true.”

Two vaccines are available: the flu shot or nasal spray mist. Common side effects are associated with both, which include soreness and redness at the injection site, coughing, nasal congestion, sore throat and chills, but most resolve within 24-48 hours.

(Note: Maynard works for Army Medicine.)

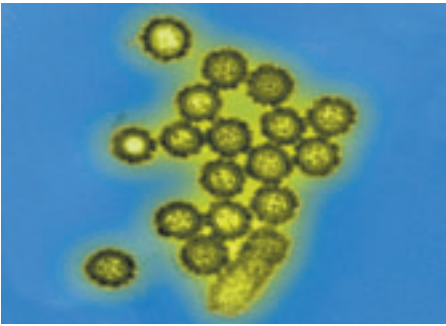


Image courtesy of the National Institute of Allergy and Infectious Diseases

A colorized transmission electron micrograph shows H1N1 influenza virus particles.



Photo by Brandy Gill, Army News Service

Stan Lefler, a pharmacy technician at Carl R. Darnall Army Medical Center, Fort Hood, Texas, fills a medicine bottle for a beneficiary's prescription.

Pharmacy rules changing

TERRI MOON CRONK
DOD News, Defense Media Activity

WASHINGTON — TRICARE beneficiaries who take certain brand name medications on a regular basis will be required to fill prescriptions at a military treatment facility or through a mail-in program, beginning Oct. 1, a Defense Health Agency (DHA) official said Aug. 20.

George Jones, DHA’s pharmacy operations division chief, said the new policy does not apply to active duty troops, overseas beneficiaries, nursing home residents and those with other health insurance that has a prescription drug program.

In certain circumstances, he added, some beneficiaries might be waived from the program on an individual basis.

The brand name, regularly used, or “maintenance” medications, could include those to treat chronic conditions, such as blood pressure or cholesterol issues, Jones explained.

Generic medications are not affected by the new policy, he said.

tomers service at 1-877-363-1303, or look up the drug online at TRICARE’s website.

Beneficiaries can track their medication status and expected delivery date by calling or going online to Express Scripts.

The new TRICARE policy stems from the 2013 National Defense Authorization Act and is designed to save beneficiaries and taxpayers money, Jones explained.

Program expected to save money

“Based on estimates, the program is expected to save beneficiaries \$16.5 million in reduced copays. ... Projected Defense Department savings is \$88 million during the first year,” he said.

That translates into a savings of about \$176 per medication per year, he added.

A pilot program on the new pharmacy initiative was conducted in 2014, and it was “very successful,” he added.

“It was very well received by beneficiaries and met reductions in beneficiary out-of-pocket costs and reduced costs to the government,” he said.

Parents are looking out for kids’ vision troubles

TRICARE
News Release

August is widely known as Child Eye Health & Safety Month.

As we’ve moved from summer fun into focusing on the three Rs (reading, writing and arithmetic), watch your child’s behavior for signs of vision problems.

Problems. Common signs of vision problems in children include frequently rubbing of their eyes; squinting, tilting or turning their head to look at objects; wandering eyes; or squeezing their eyes.

If your child displays any of these symptoms, please schedule an appointment to have his or her eyes checked.

Symptoms. These symptoms could indicate one of several common eye conditions in children: amblyopia (lazy eye), strabismus (crossed eyes), color deficiency (color blindness) or refractive errors (nearsightedness, farsightedness and astigmatism).

According to the Centers for Disease Control and Prevention (CDC), less than 15 percent of all preschool children receive an eye exam, and 25 percent of children and adolescents have vision impairments related to refractive errors. Early detection increases the likelihood of effective treatment of vision problems.

Infections. Symptoms of eye infection are irritated, red eyes; light sensitivity; blurred vision; and unusually watery eyes or discharge. Be sure to see a health care provider if your child experiences any of these symptoms.

Coverage. TRICARE covers eye and vision screening by a primary care provider at birth and approximately 6 months of age. Children also receive one routine eye examination by an ophthalmologist or optometrist every two years beginning at age 3 to 6 years of age.

Children 6 and older, and retirees and

their family members, who are enrolled in Prime, continue to receive routine eye exams every two years. Active duty family members, including family members of activated Guard and Reserve members, can also get annual eye exams.

In addition to getting regular eye exams, it is important to emphasize the importance of having clean hands before removing and handling contact lenses for older children. This will reduce the risk of developing eye infection and suffering permanent injury.

Protections. You can also protect your child from damaging eye conditions by eating a diet rich in fruits and vegetables — particularly dark leafy greens, such as spinach, kale or collard greens. Make sure your children wear protective eyewear for sports and recreation.

If your child does experience an eye injury, seek care from a provider immediately. You should not allow the child to touch or rub the eye and try to remove any debris or apply medication to the eye.

We all want our children to be happy and healthy. Use this month to learn about the many ways we can protect them.



Photo courtesy of Army News Service

Dr. Marion Ewan, Tripler Army Medical Center Optometry Clinic, screens Charity Del Rosario for myopia during an eye examination at TAMC.

Military, civilians team up for medical exercise

MAJ. PHILIP DURANDO

Tripler Army Medical Center Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Members of the Healthcare Association of Hawaii (HAH) conducted a National Disaster Medical System (NDMS) tabletop exercise on Aug. 7.

Forty participants representing 25 military and civilian medical centers and health care organizations gathered for the tabletop exercise in order to test the readiness of the organizations to respond to emergencies.

The participants worked together to coordinate the transportation and medical care for victims of disasters and emergencies that exceed the capacity of the locality where the event occurred.

The goals of the NDMS are to assist state and local authorities in dealing with medical and health effects of peacetime disasters and to provide support to military and Veterans Affairs medical systems in caring for military casualties returning to the U.S. for hospitalization.

“The objectives of this tabletop exercise were to provide an overview of the National Disaster Medical System to the participating hospitals, medical centers and supporting agencies in Hawaii,” stated Col. James Anderson, administrative chief for the Hawaii Federal Coordinating Center (FCC). “The exercise outlined the processes associated with the activation of the FCC, in order to coordinate and support patient movement throughout the region.”

Toby Clairmont, HAH Emergency Services director, provided an overview of the key components and responsibilities of the civilian medical centers during the activation of the NDMS.

“One of the key responsibilities of the HAH is to provide accurate and timely reporting of bed availability at participating medical centers,” said Clairmont. “The HAH uses a Web-based NDMS bed reporting module, giving emergency managers real time information on the capacity of local hospitals in order to make decisions on where to send inbound patients.”

This year’s tabletop exercise is in preparation for the 2016 RIM-PAC Multinational Maritime Exercise, where the NDMS and Hawaii FCC will be tested by coordinating and executing the movement of more than 250 live patients using over 30 rotary wing aircraft, between military and civilian medical centers in the Hawaiian Islands.

As a result of the tabletop exercise, the Hawaii FCC and HAH members were able to validate concepts, establish policies and procedures in the NDMS, as well as test and evaluate the alert and activation procedures between the Hawaii FCC and the various participating federal, state, regional, county and city health care partners.

“This tabletop exercise helped reconfirm our strong partnerships within the Hawaii NDMS communities, as well as provided an opportunity to test and evaluate the current NDMS operations plans,” said Anderson.

“It is imperative that the military, civilian and federal health care organizations all speak as one voice during an emergency,” said Thomas Bookman, emergency manager for Regional Health Command-Pacific (Provisional) and Hawaii FCC coordinator. “The Healthcare Association of Hawaii helps us tie it all together in the Pacific Region.”



Photo courtesy of Thomas Bookman, Regional Health Command-Pacific (Provisional)

Healthcare Association of Hawaii members listen as Col. Michael Martin explains the capabilities of military aircraft to transport patients during a tabletop exercise held at Joint Base Pearl Harbor-Hickam on Aug. 7.



Photos courtesy of Army News Service

TAMC TIP

Eat better to stay healthier



Sleep is a necessity, just like food, water and air.

Sleep is essential to good health, emotional well-being and performance.

It is also one of the components of the Performance Triad: sleep, activity and nutrition.

Lack of sleep increases your risk for motor vehicle accidents, increased obesity, diabetes and heart problems, as well as increased risk for psychiatric conditions, such as depression and substance abuse.

The National Sleep Foundation recommends sticking to a sleep schedule; having a dark, quiet, comfortable and cool sleeping environment; using your bed only for sleeping; and avoiding large meals, alcohol, exercise, caffeine and medications that might disrupt your sleep before bedtime.

If you are having trouble falling asleep, do not lie in bed awake. Get up and do something relaxing until you feel sleepy.

If you are still having trouble sleeping, talk with your doctor.

Get ready to take on your day by getting good, quality sleep.

